



Revised By: zeast

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Bob's Red Mill Natural Foods

Product Specifications:

Product Name: GF OG Regular Rolled Oats 25 lb

Product Number: P101709

Product Description: GF ORG REGULAR ROLLED OATS are made from oat groats that have been de-husked, steamed and then rolled into flat flakes under heavy rollers before being stabilized by being lightly toasted, processed in accordance with 21 CFR Part 117 subpart B and in compliance with state and federal requirements for food safety and quality.

Ingredients: Organic Whole Grain Oats.

Allergen List: No Allergens.

Physical Properties:

Appearance: Light tan in color, flattened pieces of oat groats.

Aroma: Clean and fresh, typical of oats with no rancid or off-odors.

Flavor: Clean with no rancid or undesirable flavors.

Nutrition Facts	
Serving size	100g
Amount per serving	
Calories	386.00
% Daily Value*	
Total Fat 6.10g	8%
Saturated Fat 1.30g	7%
Trans Fat 0.02g	
Cholesterol 0.00mg	0%
Sodium 0.00mg	0%
Total Carbohydrate 69.50g	25%
Dietary Fiber 10.40g	42%
Total Sugars 1.10g	
Includes 0.00g Added Sugars	0%
Protein 13.30g	
Vitamin D 0.00mcg	
Calcium 28.70mg	
Iron 3.41mg	
Potassium 373.00mg	
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Certifications:

- Kosher Certification: OK Kosher Certification of Brooklyn, New York
- Non-GMO Certification: Verified by the Non-GMO Project.
- Audit Certification: SQF Food Safety Code: Food Manufacturing, ed. 9
- Organic Certification: Certified by Quality Assurance International (QAI)
- Gluten Free Certification: < 20 ppm gluten
- Fair Trade Certified:

Country of Origin: Canada